

Abstract

Title: Fitness preparation of younger boys in tennis

Objectives: The aim of this work is to assess fitness preparation of young tennis players in years 11 – 14 and then find out their level of motor assumptions.

Methods: In this work I used a method of testing, observation, interview with a trainer and comparative analysis.

Results: I found out that players who regularly train fitness training significantly improved compared to those who don't have fitness training in their training mode.

Keywords: endurance, speed, coordination, agility, strength, agility, mobility

